

National Capital Velo Club, Inc.

P.O. BOX 14004, BENJAMIN FRANKLIN STATION, WASHINGTON, D.C. 20044



NCVC NEWS



NOVEMBER 1978

A JOURNAL OF BICYCLE RACING AROUND THE NATION'S CAPITAL

JOHN HOWARD TO CONDUCT RIDING CLINIC FOR NCVC

John Howard, the five time U.S. National Road Champion, three time Olympian, and first American to win a Gold Medal at the Pan-Am games comes to Georgetown Cycle Sport on December 8th to present his Exxon/Graphtex sponsored riding clinic. In addition to a discussion of the merits of Graphtex frame, John will cover such basics as riding position (with individual evaluations) and discuss many of the time proven methods of successful preparation for touring or competition. This will be followed by a showing of the Louis Malle film, "Viva La Tour" and the serving of refreshments (\$1 charge at the door). Individuals are encouraged to bring their bikes and ask lots of questions.

On Saturday, December 9th, 10:00 A.M., John Howard and Jim Montgomery will conduct an "on-bike" training session around the IBM race circuit. This session will cover riding tactics, formations, sprinting, and any unanswered questions.

Place: Georgetown Cycle Sport
10219 Old Georgetown Road
Bethesda, Maryland

Date: December 8, 1978

Time: 7:30 P.M.

NCVC ANNUAL BANQUET TO BE HELD ON DECEMBER 16th

This years ANNUAL BANQUET has be slated for December 16th,* at the River Road Unitarian Church, 6301 River Road, Bethesda, Maryland, at 7:30 P.M. Chef Lawrence De Negre has once again gathered (herded) together a crack team of culinary greats, who will prepare a feast** sure to please the most demanding epicure. Add to that movies, awards, and a guest speaker and you have an evening of continous merriment and war stories.

The price of admission for this years gala event will be \$6.00 for all reservations received by December 12th, and \$6.50 post. Please make all checks payable to the National Capital Velo Club, Inc. and mail them to:

Paul Lenz
4 Monroe St. #608
Rockville, Md 20950

We look forward to seeing all members and their guests. For further information call Mike Butler at 681-5288.

*This is the correct date sports fans.

**Fresh appetizer spreads, garden fresh salads and vegetables; vegetarian, pasta, and meat dishes; homemade breads, natural juices, mixers, cider; fresh deserts, coffee, tea, and snacks.

JIM MONTGOMERY NAMED TO NCVC COACHING POSITION

The Executive Committee has appointed former U.S. Armed Forces team member Jim Montgomery to the post of NCVC Coach for 1979. Known to many in the south as "The Montgomery Railroad," Jim dominated that region from 1972-76 winning stage races, hill climbs, track omniums, and numerous criterium circuits. Through 1975 he was able to win over 60% of the races he entered.

Prior to 1970 the only competition Jim had ever been involved in was tournament chess. Then in 1970 while getting his Master's Degree in Computer Science at University of Colorado he was bitten by the bug. Here is a partial list of USCF District and State medals held:

1971 Colorado State Match Sprint	1975 Alabama State Road Champion
" " Kilometer Champion	" " Match Sprint Champion
" " 10-mile Champion	" " Kilometer Champion
" " Best All Round	" " 25-mile TT Champion
1972 Colorado State Match Sprint Champion	Alabama-Georgia Dist. 10-mile Champion
" " 10-mile Champion	1976 Alabama State Road Champion
1973 Georgia-Alabama District Match Sprint Champion	" " 25-mile TT Champion
" " 10-mile Champion	Alabama-Georgia Kilometer Champion
" " Road Champion	" " Ind. Pursuit Champion
Tennessee Best All Round	" " Match Sprint Champion
1974 Alabama State Track Champion	" " 10-mile Champion
Tennessee Best All Round	

Jim warns those who come to train with him that he credits his success in cycling to very hard training for relatively short distances. "Since I do train extremely hard by comparison to some, and did start out winning often, I expect a lot from those I coach. My standards are rather high; I understand winning, and can only find some satisfaction in placing."

What follows is the first in a series of Jim's training tips.

What Did I Do Wrong? (Right!?)

Looking back to last season, can you pinpoint what you did wrong? Or more importantly what you did right? Now that the season is over and we have great plans for next season, how does one peak for the big event? Before the season starts let me recommend a couple items for your careful consideration. In order to succeed obviously you must have reached or exceeded your goals and the standards by which others judged your performance. Ah, but how many of us set realistic goals for ourselves last season? So What? Well it turns out that you can't ride every race which is attractive. No, actually your whole schedule has to lead to that race or races on which you have set your sights. One day at a time doesn't make great athletes. Putting together a great season means putting together a great training program with the matching competitive schedule. But note that if you don't set your goals well ahead, then you end up riding (and training for) the next race with a big-prize list.

The second item is that in order to get the most out of your effort (training and racing), you need to record at least the key factors of training so that you can realistically develop your training program. It also permits you to take advantage of a coach's advice. By the way, a coach of any national team will expect that you will have a training diary from last year. So think ahead this year. What is considered essential for a training diary? Try recording mileage, time on the bike, weight, resting pulse and type of training (intervals, spin, sprints, tempo, etc.) With this information to look back on it will be easy to see what worked for you.

So put your ego on the line--

Set Specific Goals for Next Season

And

Keep a Training Diary

B-M-X ITS HOT

NCVC and Georgetown Cycle Sport are accepting applications from Bicycle Moto Cross riders in the area. Our newsletter will carry key BMX - motocross results of local and regional races beginning with the next issue.

The Rockville BMX track is open and holds races on Sundays throughout the year. The first race was held November 6, 1978 and a field of over 65 riders turned out. Age categories are as follows: 7-8, 9-10, 11-12, 13-14, 15 & over.

RAMBLING with the BIG WHEELIE

"RAMBLING, RAMBLING, RAMBLING, I'M A RAMBLING GUY"

Can you believe that you're not racing this weekend? Well it may seem a long time to wait until your next race, but before you know it February will be here and there you'll be riding in the 1979 FT. HUNT PARKA CLASSIC. (Not to forget December and January roller races) Remember, how well you do next year will depend on what you do between now and spring. If you can't brave the cold make it a point to stay as active as you can: play basketball, raquetball, skate, run stairs, hit the weights, ----- anything that will give you the edge on the other guy next year. Believe me your competition won't be sitting around smoking and joking and soaking up the suds in front of the boob tube. If you have any questions concerning training tips call me at 681-5288 most evenings after 9:00 P.M. or your newly appointed Coach, Jim Montgomery at 471-7656.

Old timers in the club would have been disappointed at the small turnout for the Fall Rock Creek Series, but then again old timers are not accustomed to out of town open races in October. All things considered Rock Creek was a success due to the generous prizes provided by Mr. Mel Pinto, the co-operation of the Park Police (save the morning I was almost arrested going to the finish line in my car), the able assistance of Wesley Van Ness and Face-Flexer Rashid, and some very co-operative road guards--- what can you say when Swa makes you an offer you can't refuse. How about that Arnaud Blin tearing up A-Class---- maybe NCV's first entry in the Tour De France?

Word has that Rick Barnett, who was distressed over his poor showing this year, has embarked on 3 month tour of Asia in order to get his head together. He is said to have made arrangements to talk to a Guru in Nepal. I wonder if Eddie B. would approve? Rick leaves behind a lovely young lady, who NCV's news has learned was recruited specifically for her photographic ability. Speaking of photographs picture this: a rider sashays through a turn, and at first you are blinded by the aura of his machine. Once your eyes adjust to the brilliance of the shimmering metalflake orange to gold to silver paint job with spiffy looking black lugs, you see that it is noneother than NCV's Ed Cottrell. Ed says of his latest aquisition, "The bike was just what I was looking for, in fact everyone down at the Iwo Jima loves it. One guy told me the bike doesn't have forks, it has gay blades." (Pass out the turtleneck jerseys fellows)

As I am sure you know the banquet is on December 16, 1978. Please make it easy on the organizers by sending your reservations in early and bringing a few friends (prospective talent). Don't forget, it is not to late to nominate your club mates to special awards. December is also Pete Swans last month as newsletter editor and I would like to thank him for the fine job done this year.

So until next time; stay warm and fit and I hope to see you at the Banquet.

CHEERS,

The Butler Did It!

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CLUB OFFICERS

<u>Title</u>	<u>Name</u>	<u>Phone</u>
President	Mike Butler	588-4571
Vice President & Editor	Pete Swan	649-4841
Vice President Publicity	Larry Black	277-2555
Treasurer	Paul Lenz	279-0061
Secretary	Pete Rusk	933-7848
Membership Chairman	John Prehn	301/268-3477
Maryland Rider Rep	Alan Rashid	299-0346
Virginia Rider Rep	Hal Mattes	569-5144

MEL PINTO ROCK CREEK SERIES

Several new faces appeared in the winner's circle at the conclusion of the five week Fall Rock Creek Series. Leading the A-class was none other than Arnaud "The Flying Frenchman" Blin. With some of the heavies off doing battle in the out of town races, Arnaud scored breakaway wins and then held off the efforts of "Fast Eddy" Slaughter and "The Animal" Pearson to win the final talley.

In B-class, Nick "The Mountain Goat" Freer tried his John Allis climbing trick one too many times and soon found an incensed pack negating his attacks. Surprise winner Art Brown, who has been working up the ranks all season, showed some sizzling sprints for a rider in his first year of racing.

Pete Rusk found that consistency was the key to success as he was the only C-class rider to make the entire series. (What if they had a war and nobody came?) D-class made up for this lack of competition as a hungry hoard of novices attacked the course with a vengeance. Leading the pack was Simon Solano, who has been a consistent performer all year. Solano was hotly pursued by Intermediate Colin Clark who is sure to be an NCVC superstar in the near future.

Sunny skies greeted the faithful few that showed up for the Montgomery County High School Criterium Classic on the final Sunday, (don't laugh Bobby Phillips showed up). Due to a lack of high school participation novices were broken down by age categories and trophies awarded accordingly. Special thanks goes to Rita Howard and the entire Montgomery County Recreation Department for all their help and to Georgetown Cycle Sport for the the prizes given.

<u>A-CLASS</u>	<u>B-CLASS</u>	<u>C-CLASS</u>	<u>D-CLASS</u>
1) A. Blin	A. Brown	P. Rusk	S. Solano
2) B. Fisher	J. Kuh	J. Trunel	C. Clark
3) J. Saunders	N. Freer	J. Oaks	G. Sheffield
4) L. Black	G. Raffel	W. Kreuzburg	S. Picardat
5) H. Mattes	G. Clark		W. Davis
6) M. Petty	T. Jones		A. Solano
7) E. Slaughter	D. James		M. Coplan
8) E. Cottrell	L. Welch		M. Raleigh
9) I. Jackson	A. Drobrowski		K. Massey
10) P. Pearson	P. Swan		T. Udelfson

SUPERS DEALS DEPARTMENT

2- Clement Criterium Seta's (250 gm) \$24/each,
Nervar Star Crankset complete (Italian) \$20.00,
Wool warm-up suit (small) \$20.00, Looking for used
track bike or frame 23" or 23 1/2"

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22 1/2" Colnago Super, blue, all campy, mint condition.
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CARAVAN INVITES YOU TO STAY IN SHAPE FOR NEXT SEASON'S CYCLING
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FOR FURTHER DETAILS CALL DON GIESE AT 441-2019

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COLLEGE PARK



MEMBERSHIP RENEWAL TIME AGAIN



JOIN NOW ----FOR 1979

Below you'll find the 1979 NCVC membership application form. Anticipating that you will be riding with us in '79, we ask that you please submit your annual membership fee at this time and avoid the hassle of the membership secretary hounding you next year when you'll want to devote all your energies into training--and winning.

1979, of course, will be an exciting year for all members of the National Capital Velo Club. Our sponsorship picture looks bright -- we have some outstanding experienced and proven competitive riders in all categories -- we have a number of promising young riders advancing into prominence -- and we will be hosting a number of interesting races including one of the East Coast's premier races: The National Capital Open (in April). For this Classic we will be calling upon all NCVC participants to assist in keeping up the fine tradition and high standards for race promoting established by our predecessors.

1979 MEMBERSHIP APPLICATION

___ New Regular (\$10.00) ___ Associate (\$5.00) (May participate in all Club activities to the extent allowed by USCF rules, but may not represent the Club in USCF open races)
___ Renewal ___ Family (\$15.00)
___ Novice (\$5.00) (For new riders in their first year of membership and holding a novice category license)

(PLEASE PRINT)

NAME _____ TELEPHONE _____
ADDRESS _____
DATE OF BIRTH _____ CITIZENSHIP _____ OCCUPATION _____
USCF LICENSE # _____ CLASS _____ CATEGORY _____
OTHER BICYCLING AFFILIATIONS _____

I recognize that I may be called upon to assist with club activities and am willing to help in the following areas:

___ Road Guard ___ Race Officiating ___ Race Promoting ___ Telephoning ___ Aid With Newsletter
___ Organize Club Rides ___ Provide Transportation To Races ___ Provide Housing For Out-Of-Town Riders

___ YES, I recognize that we will all have to assist if the National Capital Open is to be a success in April. Put my name down so that I may help in some manner.

In consideration of the acceptance of my application for membership, I hereby agree to abide by the Constitution and By-Laws of the National Capital Velo Club, Inc., and do hereby waive, release, and forever discharge any and all rights and claims for personal injury or property damage I may have against said Club or any of its officers, participating in any activity sponsored by said Club.

SIGNATURE _____ DATE _____
SIGNATURE OF PARENT OR LEGAL GUARDIAN _____

MAKE CHECK PAYABLE TO NCVC, Inc. AND MAIL APPLICATION WITH PROPER FEES TO:

Pete Rusk, Membership Secretary
4710 Arbutus Ave
Rockville, Md 20853 (Phone 301-933-7848)

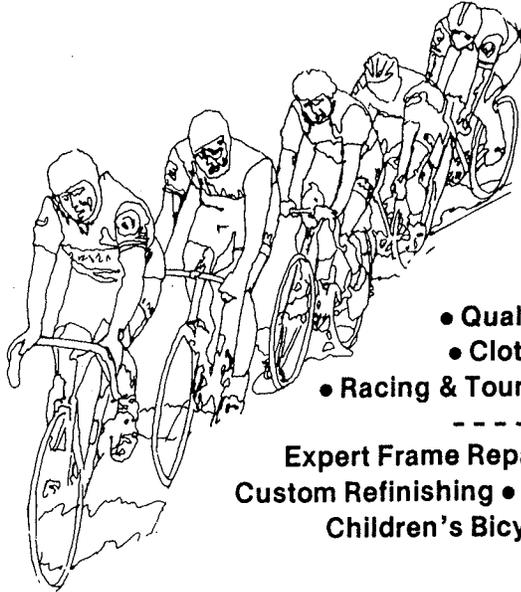
NCVC CYCLING BRIEFS

Oct 14 Asbury Park, N.J.
Sen I & II 1st- Paul Pearson (Solo Win) Junior 7th- Fred Sheffield
3rd- Jim Montgomery
Oct 21 Bryant Park, Va.
Sen II & III 3rd- Larry Black Sen IV 1st- Ed Cottrell
4th- Mike Petty 2nd- Jack Moschetto
6th- Alan Rashid (Upgrade to II) 3rd- Art Brown
4th- Bob Lipovsky (also prime)
Junior 1st- Hal Mattes Old-Timers
3rd- Fred Sheffield 2nd- Jerry Nuggent
5th- Arnaud Blin
Nov 12 Turkey Race
Nutley, N.J. 1st- Paul Pearson
2nd- Ian Jackson
3rd- Ed Slaughter

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